

8 TIPS FOR ACCESSING YOUR INNER GUIDANCE

Excerpted from TMI's Guidelines Program

Whatever you call your inner guidance (Higher Self, Inner Self Helper, Guidance, Universal Consciousness, etc.), it can provide an overview beyond physical perception, offering you direct access to whatever information is needed.

To open the lines of communication it is generally a good idea to go into free flow meditation exercises with a purpose (problem-solving, communications, patterning, etc.)—even if the purpose is as simple as experiencing the “feel” of various levels of consciousness. Remember that most experiences and/or communications in expanded states of consciousness are non-verbal and will be perceived in terms of images, symbols, colors, sensations, feelings, a knowing, or a flash of insight/understanding. Keep all modes of perception open!

1. Keep communication clear and simple, for example, ask “*What do I need to know (or focus on) right now?*” or “*What do I need more of?, “ ... less of?”*”
2. In establishing communication, the first meaning or perception you receive is usually the right one. Go with that. Do not analyze where the information is coming from.
3. Feelings are clearer than data. When the conscious mind jumps in and seeks to add its interpretation, go with what you feel.
4. In evaluating any message, look to the quality of the energy, not the content. Anything with a strong emotional charge (plus or minus) needs to be looked at closely. Approach input from guidance with self-acceptance. Do not analyze.
5. You get what you need to know, not necessarily what you want to know.
6. Be conscious of what you ask. The question affects what you get. If you get fuzzy answers, ask more specific questions. Please note: answers do not always arrive in the moment. You may not need to know at this time, and may receive the answer later while engaged in other activities.
7. Ask for clarity if you do not understand something. Ask about process. Ask if you can trust this information.
8. Give thanks for any help or information you have received.

Keeping a journal will help you understand the significance of any possible patterns in your experiences. Though others may have helpful ideas as to what you may have experienced, only **you** have the answers.